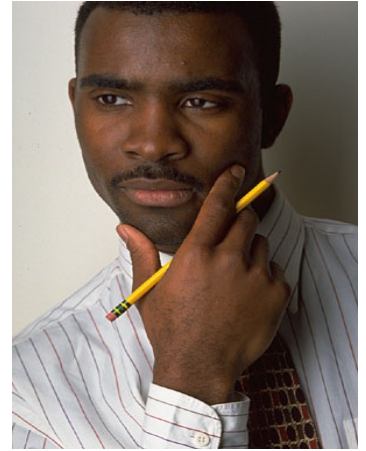


Change Your Behavior

Behavior change is key to managing your weight. Changing too many things all at once is difficult and stressful. **It is better to change one or maybe even two things at a time.** Here are strategies to help you change your behavior long-term:



- Decide whether or not you are really ready to change your eating and physical activity habits.
 - What do you need to do to prepare for a change?
- Decide how important it is for you to change.
 - Why are you making the change?
 - What will it mean for you when you have made the change?
- Decide how confident you are to change.
 - Do you have the skills and support you need to help you make a change, and if not, where can you go for help?
- Set short-term goals.
 - Be realistic.
 - Start with an easy change.
 - Revisit your goals on a weekly basis.
- Learn how to support yourself to make a change.
 - Use the materials given to you by your *MOVE!* team.
 - Find out about community resources that might help you.
 - Gather support from family and friends.
- Expect setbacks and learn how to overcome them.
 - You may have set an unrealistic goal. Put the setback behind you and start again.
 - Remember that even very successful people also have setbacks.
- Reward yourself when you have reached a goal.
 - Do something fun and special for yourself. Be creative.
- Avoid tempting situations like places that make you lose control. For example, all you can eat restaurants.

